



Dining college style
Conestoga has lots of eateries at the Doon campus, including Pizza Pizza and Mr. Sub.

News 3

Spoke

Orientation issue

This is a special edition of Spoke. Regular publication begins Sept. 20.

Look for us!

Are you starving?

These fast yet nutritious meal ideas may satisfy those hunger pains.

News 3

Monday, August 30, 2004

Conestoga College, Kitchener

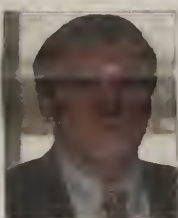
36th Year — No. 15

PRESIDENT'S MESSAGE

College has lots to offer students

Welcome to a new academic year. I sincerely hope it will be successful and memorable for you.

I encourage you to take advantage of the many opportunities the college offers, in order to enrich your educational and personal development. All of us at Conestoga are proud of its reputation and accomplishments, and we all work towards a single goal — an educational experience that is both excellent and relevant.



Tibbits

You will find your academic program challenging, designed to prepare you for the world beyond Conestoga. An important part of this is our faculty members, who have considerable experience in their fields and a lasting concern in your progress. They are a valuable resource in learning the skills you need and how to use them effectively.

Academics are very important, but there can be much more for you at Conestoga. Other aspects of college life offer you many opportunities to discover and develop an array of skills for your future as well as friendships that I hope will last a lifetime. Become involved in athletics, whether varsity or intramural, the many activities sponsored by Conestoga Students Inc., on-campus clubs and groups, and professional association opportunities associated with your program of study. The more of yourself you give to college life, the more you will gain from it.

If this is your first semester with us, note that we have a well-developed Orientation program to familiarize you with the college environment. Your full involvement in our four-phase Orientation can start you off productively. In Phases 1 and 2, you meet key faculty members and instructors in your program, learn how your program leads to a career and additional educational options, and gain much valuable how-to information about your program, your school and the college.

Phase 3 involves meeting student services staff and learning how you can benefit from their experience and expertise. In Phase 4, you gain knowledge about our Learning Resource Centre and how you can use it to meet your educational goals during your time with us.

Conestoga is committed to exploring new directions and finding ways to grow and move ahead with the community, in order to increase our presence as a vital educational resource and enhance the importance of a Conestoga education.

I am delighted you have chosen to be a member of the Conestoga College community. By working together towards the goal of a relevant educational experience that will be of value to your future employer and the community in which you live, we can mutually ensure that your time at Conestoga will be rewarding.

Enjoy your year and commit yourself to giving your very best to your studies and your college life.

John Tibbits
President, Conestoga College



(Submitted photos)

Eco adventure

Thrill seekers and those who just want to get out and enjoy nature will love a new treetop walk, zip line and cave and crevasse adventure in the Collingwood area. See Pages 10 and 11 for story and more photos.



There's safety in numbers

By CARLA KOWALYK

Students working at the Doon campus of Conestoga College late into the night don't have to worry about walking to their cars alone.

Al Hunter, chief of security at the college, wants both new and returning students to know that if they are scared to venture out into the dark parking lot at night by themselves, that there is an option.

"Walksafe is a program that is put together out of security and parking services," he said. "The program provides an escort and patrol service."

Monday to Thursday from 6:45 to 10:45 p.m., on duty Walksafe escorts carry radios to keep in contact with one another and report anything suspicious while escorting students to their cars.

The team, as Hunter calls it, is made up of 14 people — students who apply for the job. Each night a team of two students, one male and one female, position themselves at Doors 1 and 6, waiting for students who feel they need an escort.

Students who work for Walksafe are usually enrolled in the law and security or police foundations programs.

"But don't get me wrong," Hunter said. "We take all kinds of students. What kind of students? The best kind!"

Each Walksafe staff member has a police background check run, and must have a current first-aid and CPR certificate before he or she gets the job. Another incentive for students to want to become a Walksafe escort is something that all students crave — money. It's a paying job.

"The Walksafe crew makes \$7.40 an hour," Hunter said. "Plus they have fun."

Hunter stresses that Walksafe is important because there really is safety in numbers.

Students who are interested in becoming a Walksafe escort should apply with a resume to security services located in 2B106.

Yes, there is such a thing as a free lunch

By TIM MURPHY

It's the start of another school year here at Conestoga College, and the Alumni Association is hosting a free lunch.

Monica Himmelman, alumni services officer, said volunteers will be around the college during Orientation days to ensure nobody goes hungry.

"Yes, there is such a thing as a free lunch," she said.

The Alumni Association is also active as volunteers at Conestoga Students Inc.'s (CSI) annual Pond Party.

Himmelman is happy to be active with the CSI, and wants to make the Alumni Association's roles even more active. "We would like to be working with CSI to bring in a graduate from each program to talk to students," she said.

Himmelman said she would like to have a booth for each program

with a graduate to talk to students.

The idea of having a booth has not yet been organized, but Himmelman said students are more than welcome to contact her at ext. 3459 if they would like to talk to a graduate.

She suggested returning and first-

year students should check out the alumni page on Conestoga's homepage, www.conestogac.on.ca.

Himmelman also wants students to be aware that discounted movie and Chicopee lift tickets are also available through the association.

Almost 300 lift tickets were sold last year, and the service will be offered again this fall and winter.

"It's a great program," said Himmelman, mentioning the movie tickets are limited to the

Kitchener-Waterloo area. They can be used in Galaxy Theatres in the following locations: Hespeler Road, Cambridge, Fairway Road, Kitchener, and King Street, Waterloo.

Adult tickets are \$8, and kids tickets are \$5. Each ticket is valid for one year.

"It's to provide a service to the college community," she said, noting the tickets are available for staff, faculty and students.



Himmelman

Welcome from Student Services

The staff of Student Services would like to extend a sincere welcome to all new Conestoga College students. Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. We would like to encourage you to take advantage of the many services designed to help students be successful. In particular our office can assist you with counselling, learning and study skills and Peer Services.

Professionally trained counsellors can help you resolve problems that stand in the way of you reaching your educational goals. Please arrange to see a counsellor quickly if you have academic, personal, career or financial problems during your time at Conestoga. Counselling is free, voluntary and confidential. Counsellors can also refer you to other College and community resources that can help. You can also obtain assistance with Study and Learning Skills from our Learning Skills Advisor.

Counselling and Study Skills groups and workshops are offered on topics such as time management, stress management, exam preparation, how to read textbooks more effectively or how to listen and take better notes. Groups can be offered for such issues as public speaking or test anxiety; self-esteem and relaxation. Student Services maintains two message boards, one for gay, lesbian, bisexual and transgendered students and one for mature students. If you find you are having difficulties with a particular course, Peer Services can link you with a peer tutor. A peer tutor is a student who has already successfully completed the course and has received extensive training to help you with course content.

To those students who are returning for another year of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals!

Awards, Bursaries & Scholarships

Conestoga College Entrance Award

The Conestoga College Entrance Award has been established to recognize academic achievement and assist first -year students who demonstrate financial need.

Award Criteria

- student must have an overall average of 80% upon completion of his or her most recent year in a recognized secondary or post-secondary educational institution
- student must be registered in the first year of a ministry-approved Conestoga College certificate program, diploma program, or degree program
- student must be able to demonstrate financial need
- student must meet the residency status - lived in Ontario for at least 12 consecutive months

Value of Award: \$1000.00

Guidelines for Submission of Application

- complete the Application Form on the reverse
- provide a written summary of your financial situation including any exceptional costs that you have
- provide an official transcript (photocopies will not be accepted) from your most recent year of studies in a recognized secondary or post-secondary educational institution
- submit your application and supporting documentation to:
Lisa Nequest, Conestoga College – Financial Aid/Student Awards Office
299 Doon Valley Drive, Kitchener, Ontario N2G 4M4

Deadline for Application: September 17, 2004

Conditions of Award

- incomplete applications will not be processed
- funds will be released to qualified applicants after October 11, 2004
- funds will be directed to the student's account in the event that fees are outstanding
- student must be considered full-time
- this award may not be deferred or transferred
- only those successful applicants will be notified

Disability office makes the grade

By JAMES CLARK

Are you a student with a disability? Do you need some extra help? Then check out Conestoga College's disability office in Room 2A109.

A total of 651 students, approximately 12 per cent of the student population, went to the office during the 2002-2003 school year to use one of its many services.

Marian Mainland, the co-ordinator of the disabilities office, said new technology is making it easier for students with disabilities to not only attend post-secondary school, but also do well.

"The technology has just opened the world to students who have most types of disabilities," said Mainland.

She used the example of a blind student wanting information about a program at the college.

In the past the student would have to call a Bell relay operator who would in turn call Mainland at the college. The student would then have to type his or her message to the operator who would then read the message to Mainland. She, in turn, would then give an answer to the operator and it would be typed and sent to the student.

"Now they just use e-mail," Mainland said.

Technology also helps once students get into the college. Mainland said exams can now be written on computers in the office's training lab. This is helpful because

the students can spend more time on the exam and do not need assistance.

"This is helping them become more independent," she said. "So they are better prepared when they make the transition from school to the workforce."

A donation from Conestoga Students Inc. allowed the office to purchase new computers that have enough memory to hold every program that is used in the college. This ensures each student with a disability has the opportunity to write his or her exams in the lab.

Along with the availability of computers and other technology, staff members also provide learning strategies training from one of the staff members.

The one-on-one program had a satisfaction rate of 100 per cent amongst students who used the service during the 2002-2003 school year.

"If we are providing a service that students are happy with, then we are doing our job," Mainland said.

She said the number of students registered at the office could be even higher, but some students with disabilities don't have to register with the office.

"There are a lot of students with disabilities that don't register with us because they simply don't need the help," said Mainland.

A report issued by Statistics Canada revealed that one in seven Canadians over the age of 15 have a disability.

WHAT TO DO...

- ... if you are away from home for the first time and feeling lonely.
- ... if you are experiencing personal problems.
- ... if you begin to experience academic difficulties.
- ... if you are unsure about your program choice or educational direction.
- ... if you have questions or concerns about anything.

Don't wait Don't hesitate

Counsellors are here to help you succeed.

To make an appointment with a counsellor, drop in to or call the Student Services Office at Doon Campus or the Campus Administration Office at Waterloo and Guelph Campuses. Counselling is **FREE AND CONFIDENTIAL**.

Student Services Office Doon Campus, 2B04, 748-5220 ext. 3360

Main Office Waterloo Campus, 885-0300 ext. 224

Main Office Guelph Campus, 824-9390, ext. 148

Welcome to Cambridge Campus

Academic Upgrading
Employment Training Readiness
Focus for Change

WE WISH YOU SUCCESS

Quick meal ideas for the starving student

By JAMES CLARK

The sensation of hunger may be a common feeling for many students who are living away from home for the first time.

However, many students will be happy to hear there are more dinner options than the stereotypical macaroni and cheese.

Although mac and cheese may sound appealing because it is quick and easy, it will be sure to lose its luster as the year wears on. This, of course, is when the golden arches start calling out your name.

It will be bad for your health and for your pocketbook if you give

into this temptation.

The same amount of time you spend in a drive-through line could be spent in your kitchen as you prepare a meal that is both healthy and fulfilling.

Fast-fry steaks are cheap and can be cooked quickly in a pan or on the barbecue. The steak, combined with some canned vegetables and a baked potato, make a quick and nutritious meal.

It is best to buy canned or frozen vegetables because they do not spoil as quickly. Another easy way to get your daily fix of vegetables is to buy bagged salad. A small bag of salad, which could be eaten with

dinner or just as a snack, can be bought for around \$3 and will last for approximately a week.

Another quick meal idea is tuna or Hamburger Helper. They both come in a variety of different flavours so a student can try each kind, find their favourite and stick with it. In addition to the wide selection of flavours, both kinds can be cooked in the oven or on top of the stove in about 15 minutes.

The hamburger or tuna will have to be bought separately, but the meal will provide more than enough food for one person and costs approximately \$3.

If you are really in a pinch for

time you can always heat up a can of stew. Campbell's offers a number of hearty flavours that can be heated up in a microwave in a few minutes. A couple of pieces of buttered bread and the stew will be enough to fill you up for at least a few hours.

If, later in the night, you do start to hear your stomach grumbling, just grab a quick snack. Some healthy options that will satisfy

your late night desires include a fruit yogurt, a bagel with peanut butter or just a plain old apple.

However, the school year is eight months long and these ideas will only cover a few of the nights. It is alright to experiment in the kitchen and come up with some of your own recipes. And if all else fails, you can always rely on that tried and true cheesy delight, macaroni and cheese.

Many food options at college

By JEFF HEUCHERT

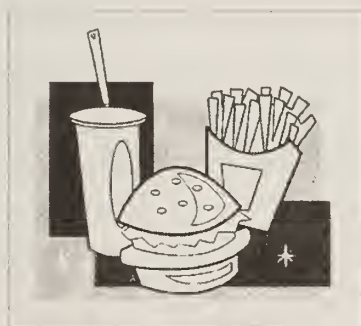
One thing new students to the college don't have to worry about is the selection of food establishments available here at Conestoga College.

The college offers a variety of different foods, available in three cafeterias, as well as a Tim Hortons.

For those expecting many unhealthy choices at the college, which there are, there are still many healthy options.

The cafeterias offer salads, stir-fries, wraps and even pitas, which were added late last year. And if you're looking for something lighter, there are options such as croissants or cookies. The pitas were so popular they've decided to add them to Dooners, one of Conestoga's other cafeterias, says John Kast, the college's food service director. He says they will be adding the wraps to Dooners for September as well.

The other new feature in the main



they have a Pizza Pizza.

The E-wing cafeteria, which also includes a Pizza Pizza, has a Mr. Sub.

Harvey's, Pizza Pizza and Mr. Sub offer the same menus as their regular establishments.

A Tim Hortons is a perfect fit at the college, since students will inevitably, at some point, have to stay up late to finish an assignment or cram for an exam.

So, no matter what your appetite, the college has it covered, whether for those long days, or those early mornings.

cafeteria will be weekly specials twice a week, the entire school year.

The weekly specials last year included foods such as vegetarian lasagna, spaghetti, macaroni and cheese and even turkey and mashed potatoes.

There are of course, the not-so-healthy options everyone loves to indulge in, especially when school-work gets you stressed out. The main cafeteria includes Harvey's, bags of chips, chocolate bars and other snack foods.

Dooners offers much of the same food as the main cafeteria, except

OFF-CAMPUS HOUSING:

An off-campus housing registry is available to you by accessing the student page of the College website (HOUSING: OFF-CAMPUS). You will find a listing of local landlords who have available accommodation for students. It is important that you carefully select your landlord and accommodation. This site will provide you with helpful tips.

Welcome to Stratford Campus

Academic Upgrading
Perth Career Counselling
Job Connect
Literacy/Numeracy
Continuing Education

WE WISH YOU SUCCESS

PEER SERVICES

PEER TUTORING

Are you having difficulty with a course? The peer tutoring service offers one to one tutoring; group tutoring and peer supported learning groups. Tutoring can help improve your grades and your understanding of course material.

PEER HOSTING

Are you new to Conestoga and Conestoga? The peer host service can match you with a volunteer peer host who will meet with you weekly on campus for conversation and support.

APPLY EARLY!

VISIT THE STUDENT SERVICES
OFFICE (2B04) TO APPLY.

STUDENTS HELPING STUDENTS
- IT WORKS!



Reaching out
to Mature Students ...
Gay, Lesbian, Bisexual, and
Transgendered Students ...

On-line Messageboards

To access:

- Go to www.conestogac.on.ca
- Click Student Services/ Resources
- Click Student Services Office
- Locate
 - Mature Student Icon
 - GLBT Icon
 - Log on and participate

Welcome international students

Another academic year is just around the corner, bringing the usual mixture of excitement and anticipation. As an international student beginning your first semester at Conestoga College, we would like to welcome you to the college and hope you will have a year full of learning and new experiences in Canada.

This academic year we are expecting approximately 340 international students on campus from China, Japan, Korea, Mexico, the United States of America, India and Saudi Arabia, just to name a few!

Students will be entering into academic areas at the college, from English Language Studies to diploma programs within the Schools of

Business, Engineering Technology, Health Sciences and Community Services, Information Technology and Media Studies, and Liberal Studies.

Arriving in an unfamiliar country can lead to students experiencing new foods, different transportation systems, climate changes, new customs, different health services, and an unfamiliar academic environment. Both the staff of the International Education Office and the Student Services Office are here to assist you with your transition to Canada.

The International Office, located on the ground floor of the Student/Client Services Building, can provide you with assistance with housing, immigration, applying to col-

lege programs, current and social activities, and health insurance. An adviser is available Monday to Thursday, 1 p.m. to 4 p.m.

The Student Services Office, located in Room 2B04, Main Building, provides support services such as individual, confidential counselling sessions (related to personal, academic, and career issues); groups and workshops; learning strategies; peer tutoring and a peer host service; and an off-campus housing registry. We are open Monday-Thursday from 8:30 a.m.-4:30 p.m. and Friday from 8:30 a.m.-4 p.m.

When you first arrive at the college as an international student, orientation is organized by staff in the International Office. During orien-

tation, you will participate in activities such as campus tours, banking, language testing by ELS faculty, Student Services workshops, a security services information session, overview of Health Services, housing, accommodation, bus pass purchases, health insurance information sessions, and various fun activities.

If you are studying in a diploma program, Student Services will also be offering an International Diploma Students Workshop, scheduled for Thursday, Sept. 2 from 1-2:30 p.m. in Room 1D04.

For all international students on campus, International Education, English Language Studies and Student Services will be hosting our second annual Survivor

Conestoga event on Thursday, Oct. 7 from 3:30 - 7 p.m. in the Blue Room.

This interactive, fun workshop for all international students on campus will address various health and safety topics as students integrate into Canadian culture (such as safe relationships, banking, health and sexuality issues, security on campus, and ways to reduce stress).

Food will be provided and there will be door prizes too!

Welcome to Canada and Conestoga College! We hope this year will be full of fun, learning, and new opportunities for you.

A message from Student Services and the International Office

The Staff at the International Education Office Would like to Welcome You to Conestoga College!

The International Office is located on the Ground Floor of the Student Client Services Building (SCSB), Doon Campus. The office is open, Monday to Friday, 8:30 a.m. to 5 p.m. We look forward to meeting you and assisting you during your time in Canada.

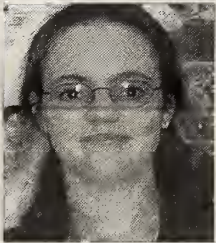
Sincerely, International Education



Director
Eric Dahlin

Telephone: 748-5220 extension 3648

Email: edahlin@conestogac.on.ca



Manager & Student Advisor
Samantha Murray

Telephone: 748-5220 extension 3247

Email: smurray@conestogac.on.ca



Associate Director
Michael Ferdinand

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Associate Director
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Email: dpiedra@conestogac.on.ca



Housing Advisor & Activities Officer
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Email: agorni@conestogac.on.ca



Reception & General Enquiries
Felicia Chen

Telephone: 748-3556

Email: wwed@conestogac.on.ca

CONESTOGA STUDENTS INC

WE ARE HERE FOR YOU!

MESSAGE FROM YOUR STUDENT PRESIDENT

My name is Justin Falconer and I am a graduate of both the management studies and general business program at Conestoga. I have been involved with Conestoga Students Inc (CSI) for over three years now, serving as a director, vice-president and president. I am currently serving in my second consecutive term as your student body president. I didn't get involved until year two of my studies, but since then I have worked hard, along with my colleagues, to make CSI a better organization. I hope that you have a wonderful year at Conestoga. I urge you to get involved with CSI, peer services, school forums, program advisory committees, clubs, fundraisers or other positive aspects of student life. There are lots of opportunities to compliment your education and I certainly hope that you will choose to contribute to a great student experience at Conestoga. Visit CSI and ask how you can get involved!



MESSAGE FROM YOUR DIRECTORS

The directors and the executive of the CSI provide representation at the provincial level as a member of The College Student Alliance. This ensures our voice is part of a population of students 140,000 voices strong where tuition fee increases, teacher qualifications, student financial aid changes and other issues that face today's post-secondary students arise.

YOUR DIRECTORS - JUSTIN FALCONER, PRESIDENT

Scott Ingram-Cotton, Vice President
Nelofer Ahmed, Director
Leanne Bird, Director
Jason Blamire, Director

Dariusz Czajkowski, Director
Matt Jackson, Director
Amit Rajput, Director
Jessica Wismer, Director

CHECK OUT OUR NEW SERVICES

This year we have changed the way we offer our services. You will be able to come into our NEW SELF SERVE AREA and put your project or report together yourself. By doing this you will not be charged for any of the following services:

Fax Service - FREE
Scanning Service - FREE
Binding Service - FREE

Laminating Service - FREE
Copying Service - FREE
Colour Copying - FREE



POND PARTY 2004

SePTeMbER 9th

11:30am - sTarT

BaCK pOnD - d00n cAMpUS

aLL StUDenTS aRE WELcOMe

mUsIc - DriNks - GamEs - dAncIng
FoOd - GoOd tiMes

comedian

Nikki Payne

she's no angel

Sanctuary

september 14th

11:30am

CONESTOGA
STUDENTS INC
ACTIVITIES

comedian

James Cunningham

presents...

Funny Money

september 22nd

Sanctuary

you could win cash

TOGA PARTY



sept 16.04

9pm















-sanctuary-

all students welcome

must have proper id to drink

CONESTOGA
STUDENTS INC
ACTIVITIES

SEPTEMBER - EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CONESTOGA STUDENTS INC	2 REPRESENTATION	3	4
5	6 LABOUR DAY 	7 Classes Start  WHAT CAN CSI DO FOR YOU? PARTY & GIVEAWAYS	8 roller races Sanctuary 11:30am 	9 Pond Party - back pond 11:30am - 	10 first week done! 	11
12	13 CLUBS DAY SANCTUARY	14 Nikki Payne - Comedian 11:30am - Sanctuary 	15  movie day	16 TOGA PARTY 9pm Sanctuary 	17 SERVICES	18
19	20 Paul Guro Curry Watson 12pm Sanctuary 	21 CONESTOGA STUDENTS INC	22 James Cunningham funny money sanctuary 	23 Imaginus poster sale -sanctuary- all day	24 Imaginus poster sale -sanctuary- all day	25
26	27  CSI IDOL AUDITIONS 11:30AM SANCTUARY	28 vendors market sanctuary 	29  CSI IDOL PERFORMANCES 12PM SANCTUARY	30 vendors market sanctuary 	ACTIVITIES	



CSI IDOL - Auditions
11:30 - Sanctuary
September 27th

CSI IDOL - 1st round performances
12pm - Sanctuary
September 29th

VISIT THE CSI OFFICE
FOR DETAILS

CONESTOGA
STUDENTS INC

VISIT THE CSI OFFICE
FOR DETAILS

CONESTOGA STUDENTS INC. HEALTH PLAN

“CSI offers new money-saving opportunities for students.”

Over the past few months, we've been working hard to bring you more value and more services than ever before. We're proud to announce that with our renovated look, we can provide you with a self-serve" area to copy, colour print, and bind your projects and assignments at no cost to you. Colour printing, binding, laminating and faxing are available now at no charge. Come by our new location and see how we can help.

Pharmex Direct has offered our students an exceptional opportunity to have prescriptions filled, saving you money and time! Pharmex Direct is a registered pharmacy that will accept your prescription from our office (or your doctor's office) by fax and deliver the prescription to your home. There's no delivery charge, usually next day service, and they will provide you with 90% coverage on your prescription rather than the 80% provided by other pharmacies. In addition, the dispensing fee is a low low cost of \$5.00. Compare that to the dispensing fee provided by your pharmacy and you will see that this can save you a lot of money and invaluable time. For further information, please come into our office and speak to Janie Renwick.

e-mail: jrenwick@conestogac.on.ca
phone: 519-748-5131

www.conestogastudents.com

CONESTOGA
STUDENTS INC
SERVICES

CONESTOGA
STUDENTS INC

WE NEED YOU!

The CSI is looking for interested volunteers to work on committees to enhance student life at Conestoga.

The General Manager's Activities Committee and the General Manager's Services Committee will meet monthly to review, assess, and suggest activities and services provided to students. The intent is to obtain views and feedback on what we do and how we do it.

If you want to get involved in working with your student association, have a desire to influence services and events, please complete the form and drop it off to the CSI office by the middle of September.

GET INVOLVED & SIGN UP

circle one

SERVICES COMMITTEE or ACTIVITIES COMMITTEE

NAME:

ADDRESS:

PHONE:

JOB OPPORTUNITIES

PART-TIME POSITIONS ARE AVAILABLE AT THE CSI OFFICE FOR THE FOLLOWING JOBS:



DATA ENTRY



EVENT SECURITY



BARTENDERS



COMMUNICATIONS
ASSISTANT



SELF-SERVE
SUPERVISOR

Please drop off your resume
and cover letter at the CSI office.

LRC meets all academic needs

By JAMES CLARK

Do you need another source for that big essay that's due, a quiet place to study or a television and VCR for a class presentation? Then the Learning Resource Centre (LRC) is the place for you.

The LRC, after a nearly \$1-million expansion, can accommodate approximately 500 students. A student who visits the LRC can sit at one of the tables in the new addition or use one of the 21 study carrels. They could also visit the presentation technologies department to sign out things like televisions, or hook up to the Internet on their own laptop using one of the 40 data ports in the LRC.

If you are looking for reference material the selection of books found at the library will be a great help. They carry a variety of both fiction and non-fiction books.

If you need a particular book just log into the LRC's website which can be accessed from Conestoga College's homepage and search the database.

The website also offers a number

of other services including a catalogue of each book the library has.

A student will find 30 resource databases on the website that will be helpful for any project. Some of the databases include EBSCOHost, which contains full-text articles for more than 3,000 scholarly journals, and Medline, a database of information created by the United States National Library of Medicine.

The website and its databases can be accessed from the computers in the LRC or from the comfort of your own home by entering your student number.

The library also subscribes to 250 magazines, on issues ranging from business in Canada to entertainment, if you would prefer to sit down and read an actual magazine.

The majority of students will have an LRC Orientation session in the fall.

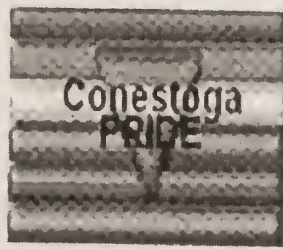
If more information is needed, a student can refer to Orientation guides on the LRC website.

Also, if you have any questions the library employs 12 full-time staff members who will be more than happy to help you out.



(Photo by Carla Kowalyk)

The LRC offers more than just reference books. They also have magazines, online databases and fiction material, to name but a few resources.



Conestoga Pride

As a diverse GLBT group, we offer a safe and friendly environment in which to express yourself without fear of repercussion. Regular meetings will resume in September.

Please join us ...

For more information please contact Stefanie at sfolkes-cc@conestogac.on.ca or go to our website at www.geocities.com/glbtcconestoga

COUNSELLOR'S CORNER: *Roommates*

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the potato chips can cause tensions between people who aren't used to living together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a "high dirt tolerance" that will have your roommate gnashing her teeth by the end of September?

Some areas to discuss include:

- ◆ space: private versus common areas
- ◆ food costs: shared? designated fridge space?
- ◆ quiet hours for morning, study time and at night
- ◆ guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

For more help on this topic or other areas of growth or concern, make an appointment to talk with a counsellor at your campus **Student Services** location.

Watch for COUNSELLOR'S CORNER in future editions of SPOKE.

Awards, Bursaries & Scholarships

The Conestoga College Achievement Award

This award has been established to promote academic excellence for those students who demonstrate financial need.

Bursary Criteria:

- An overall average of 85% at the end of the academic year.
- No incompletes, failing grades or Did Not Attend (DNA) on the Record of Achievement.
- Student must be considered full-time.
- Student was registered in year-one or year-two of a ministry approved program in the 2003-04 academic year
- Promoted and registered into year two or three of a ministry approved diploma program
- Demonstrated financial need.
- Has lived in Ontario for at least 12 consecutive months.

Value of Bursary: \$500.00

Guidelines for Submission of Application:

- Complete the application form (see reverse).
- Provide a written summary of your financial need including any exceptional costs that you may have.
- Provide a copy of your Record of Achievement.
- Submit your application and all supporting documentation to:
Lisa Nequest, Financial Aid/Student Awards Office, SCSB, Doon Campus.
Only successful candidate(s) will be notified.

Deadline: September 27, 2004

Conditions of Bursary:

- Student must be promoted to the next level of their program and registered.
- Student must have two academic semesters on their record in order to calculate the average.
- Funds will be released to qualified applicants after November 17, 2004
- Funds will be directed to the student's account in the event that fees are outstanding.
- Funds may not be transferred or deferred.

Welcome to

Waterloo Campus

Certificate

Chef Training Program
Personl Support Worker
Digital Media
Web Design

Diploma

Food and Beverage
Management

Health Office
Administration

Liberal Studies

Academic Upgrading
Employment Training Readiness
English Language Studies
Focus for Change

Software Engineering
Technician

We wish you Success



(Photos submitted)

Peter Wadge of Toronto (left) gets a unique view of the rugged forest of the Niagara Escarpment during an Eco Adventure tour. Above, Rob Thorburn, owner of Scenic Caves Nature Adventures, stands on the first platform of the treetop walk.

A view with a thrill

Eco Adventure tour combines treetop walk with incredible scenery

Have you ever wanted to walk amongst the birds in a canopy of trees? To challenge your sense of balance, fear of heights and desire for adventure?

If you've answered yes, Scenic Caves Nature Adventures is the place for you.

Located in the Blue Mountain/Collingwood area, the company offers you a variety of outdoor activities including the Eco Adventure (treetop walk and zip line), suspension bridge, Nordic skiing and self-guided tours of caves. They also offer hiking trails, gemstone mining, mini-golf, a trout pond and children's play area.

But it is the new Eco Adventure that is the talk of the town.

Rob Thorburn, who bought the property in 1993 and began work-

ing on transforming the Scenic Caves attraction into Scenic Caves Nature Adventures, says the Eco Adventure combines a high learning content with light excitement.

"The tour includes lessons on the history and heritage of the area, as well as flora and fauna," he says. "It's not a thrill ride."

However, the experience is not for the timid either. Your 2½-hour adventure begins in a rustic log cabin, where you are outfitted with safety gear, including a helmet and a harness rigged with safety ropes attached to carabiners – clips you'll attach to safety cables. Then, in the company of two instructors, you hike down and across the longest suspension footbridge in Ontario, which offers spectacular views of Georgian Bay and the surrounding countryside.

From the suspension bridge, which rises in the middle instead of swaying so that it doesn't disturb the forest, you have a 10,000-square-kilometre view.

After taking in the spectacular surroundings, it's off to the canopy walk, located deep in a deciduous forest.

Safety instructions are given once again, and participants practise attaching their carabiners to cables before climbing a wooden stairway to the first platform, a mere four metres above the forest floor. Each participant must then tentatively step onto a small plank, attach the safety harness to steel cables, and manoeuvre along 600 metres of gently swaying bridges linking 18 trees.

At times you are a spectacular 15 metres above the forest floor.

As you go, your instructors introduce you to the geological history of the area – which is part of a UNESCO world biosphere preserve.

At the end of the journey through the trees, you careen down a 100-metre-long zip line from the final platform to the ground. (Those participants not quite so daring can take a stairway back down).

A visit to ancient caves and crevasses is next on the agenda, with the instructors providing interesting folklore and historical facts. Highlights include a cave called the Natural Refrigerator, which has a steady flow of 4 C air from the Ice Cave, providing early natives with an ideal food storage area.

For those who are not claustrophobic, Fat Man's Misery is the

ideal cave, since you have to squeeze, and I mean squeeze, through areas that are only 36 centimetres wide. The beauty of the Fern Cave, which features some rare ferns and moss, is also a must-see.

The journey ends with a trek back to the log cabin, where you return your gear, reminisce and have a chance to sign a guest book.

Scenic Caves Nature Adventures is located in the Town of the Blue Mountains, at the top of Scenic Caves Road. It's approximately 2 1/2 hours north of Kitchener-Waterloo.

The Eco Adventure Tour costs \$85 for youths and seniors and \$95 for adults.

Reservations can be made by calling 705-446-3515 or visit www.sceniccaves.com.



FAST FACTS

- In the near future, a second zip line will be added to the Eco Adventure Tour, taking participants back down to the base. This one will be 380 metres in length and have a 48-metre drop.
- The Eco Adventure Tour is open from early May to late October.
- Scenic Caves is located at the highest part of the Niagara Escarpment.
- The suspension bridge opened in 2003 and 126 metres in length, 25 metres above the valley floor and cost \$1 million to build.
- There can never be too many people on the bridge. It could hold the weight of people standing tummy to bum, shoulder to shoulder, stacked four-high the entire length of the bridge.
- Scenic Caves Nature Adventure also offers Nordic skiing in the winter on 20 kilometres of groomed trails.
- Some comments in the guest book included: "I think it's just fantastic." "Greatest thing on earth." "Thrills, chills, nature, adrenaline – all around great." "It was awesome, not scary at all and I'm usually a big chicken."



(Photos submitted)

Rob Campitelli of Stouffville (left) travels down a zip line as part of an Eco Adventure Tour, which also includes a 600-metre walk through the trees (above right). The attraction, which offers heritage, flora, fauna, geology and native history all wrapped up in one excellent adventure, opened to rave reviews in the Collingwood/Blue Mountain area in the spring of 2004.

Village at Blue a neat place to stay

The Collingwood/Blue Mountain area has lots of places to stay, but one of the nicest is Blue Mountain Resorts, whether it's winter or summer.

The village is located at the base of Blue Mountain, and is made up of three properties – the Grand Georgian, Seasons and Weider Lodge. All are condominium complexes owned by private owners who participate in a rental/owner program.

The village has 447 rooms in total, that range from studios with kitchenettes and bachelors with full kitchens, to one, two, three and four bedroom condos. All have access to a pool, hot tub and The Village at Blue, which is reminiscent of Whistler. The scenic streets feature restaurants, boutiques and nightlife, all located just outside your condo door.

In addition to a visit to Scenic Caves Nature Adventures and the Eco Adventure Tour, you can ride in an open air gondola up the mountain. This attraction just opened July 1 and takes you up the 720 vertical feet of the escarpment.

Other seasonal activities include



Visitors to the Collingwood/Blue Mountain area should consider staying at the Grand Georgian, Seasons or Weider Lodge, which are all in close proximity to boutiques, restaurants and nightlife.

mountain biking tours, rock climbing, sky diving, kayaking, canoeing, hiking, golfing and fishing.

The area is billed as your one-stop action shop, where you can

pump up the adrenaline or enjoy simple serenity.

To book accommodations at Blue Mountain Resorts, call 705-445-0231.



The suspension bridge offers a spectacular 10,000-square-kilometre view of the Georgian Bay area.

Wanted: Fan support at varsity games

By JASON SMITH

Athletics are an important part of every college community. Often times, athletics become the heart and soul of a college or university. The players are passionate, the coaches are local heroes, and the fans stand behind their team through thick and thin.

That is, unless you attend games here at Conestoga where you'd be lucky to find a group of five or more fans cheering on our school's best athletes on any given night.

The poor support from students has been a concern for Conestoga's athletic department and many team members over the last couple of years. Varsity hockey seems to be the college's most popular spectator sport, yet only attracts maybe 30 fans to each game. And that's being considerate.

Earlier in the year, Marlene Ford, athletic director at Conestoga, said she feels we have quality teams at the college, and more support would only improve their play.

The college definitely doesn't slack off when it comes to varsity sports, and the 2003-04 year proved exactly that.

The rugby team broke out of the gates and impressed everyone in their first season of play last year. The 2003-2004 year was no different. Conestoga proved last season was no fluke and that our new rugby squad will be a serious contender for years to come.

In only their second season of play, the Condors' male rugby team finished third in the league and brought home the Ontario Collegiate Athletic Association (OCAA) bronze medal for the second consecutive year.



"We are very happy and proud of the rugby team winning the bronze for the second year in a row," said Ford. "Especially since this is only the second year Conestoga has had a team."

Alex Hogg had a huge year for the rugby team, being named to the OCAA all-star team, and being

named team MVP as well as Conestoga's male athlete of the year. Steve Keegstra was also named to the OCAA all-star team. Jeremy McLeod received the coach's award for his strong play and dedication.

Conestoga's indoor soccer teams had big years as both male and female teams finished second in the west region. Bojan Djokovic took home the honours for MVP of the men's team and Rich Parsons received the coach's award. Milena Ribeiro was named MVP for the female squad and Stacey Klein took home the coaches' award for her team.

The college's badminton team finished third in the west region with 16 points. John Tray and Tony Purkis also finished in third place for men's doubles and Kenny Chan and Karina Olivares finished third

in mixed doubles. Top honours for the team were awarded to Kenny Chan, the recipient of the coach's award, and Mike Palmer, who was named MVP.

Our Condors had a rough year with the college's most popular sport - varsity hockey. The team finished fifth overall in the six-team league with a 2-10-2 record. They missed the playoffs and are in the midst of rebuilding, despite the presence of several standout members on the roster. Five Condors were among the Top 20 league scorers this season, and one player, Brent MacDermid, was at the top of the list for the majority of the season.

MacDermid, with 13 goals and 14 assists for 27 points in 15 games, finished the season tied in fifth place among league leaders with teammate Scott Bradley, who had 12 goals and 15 assists for 27 points in 15 games.

Reid Porter finished just one slot out of the Top 10 with 12 goals and nine assists. Andrew McDermott, nine goals and 10 assists, and Ryan Baird, five goals and 12 assists, finished off the top 20. Baird, however, only played in nine games.

MacDermid was named to the OCAA 2nd all-star team, Bradley won the coaches' award and McDermott was named MVP.

Conestoga's women's softball team finished sixth in the league with a poor 2-8 record, but they expect better performances in the future. Amanda Martin had an amazing year at the plate, with nine runs scored, 18 hits, and 10 RBIs in 10 games. She finished the year with an unbelievable .560 batting average. Martin was named an OCAA league all-star along with teammate Ashley Harrow. Martin's praise continued as she received the MVP award and was named Conestoga's female athlete of the year. Catcher Melinda Wilson was given the coaches' award, and finished the year batting .240 with three runs, seven hits and one RBI.

Scott Morrison received the MVP award for Conestoga's golf team as they finished fourth overall this year. Jeff Kolb won the coaches' award.

Rounding out the list, the men's soccer team finished sixth in the region with a 3-3-2 record and the women's soccer team finished eighth with a record of 1-5-2.

The Condors' Bojan Djokovic was the OCAA league top scorer with an impressive 10 goals in seven games. Boris Kubura and Rich Parsons were each named OCAA all-stars and took home year-end awards. Kubura was named MVP and Parsons received the coach's award.

Although they had a disappointing year, there were several members of the female soccer squad who stood out and were rewarded for their play.

Nicole McKee and Rachel Hartwick were named to the OCAA all-star team and McKee won the MVP award. Cortney Zettler's fine play was recognized as she was the recipient of the coach's award.

The Condors are now looking ahead to 2004-05, preparing for another season and hoping for a lot more success.

LEARNING STRATEGIES

What are learning strategies? Simply put, they are learned skills that help us to gain knowledge more effectively. If we have strategies that work for us, we can learn and study more easily. Learning strategy assistance can show you how to learn more, faster. Using the checklist below, evaluate your preparedness.

• Effective time management

- ☐ Do you know that you will need a system to keep organized in college?
- ☐ Do you know how to keep track of your assignments?
- ☐ Are you able to organize your time to include both study and fun?

• Working effectively with learning styles

- ☐ Do you know what your learning style is?
- ☐ Do you know how to use your learning style in class and when studying?

• Effective textbook reading

- ☐ Do you know how to read textbooks with a purpose?
- ☐ Do you have an effective method to use when too much reading overwhelms you?

• Effective note-taking

- ☐ Do you know different methods for taking notes?
- ☐ Are you aware of which method works best for you?

• Memory techniques

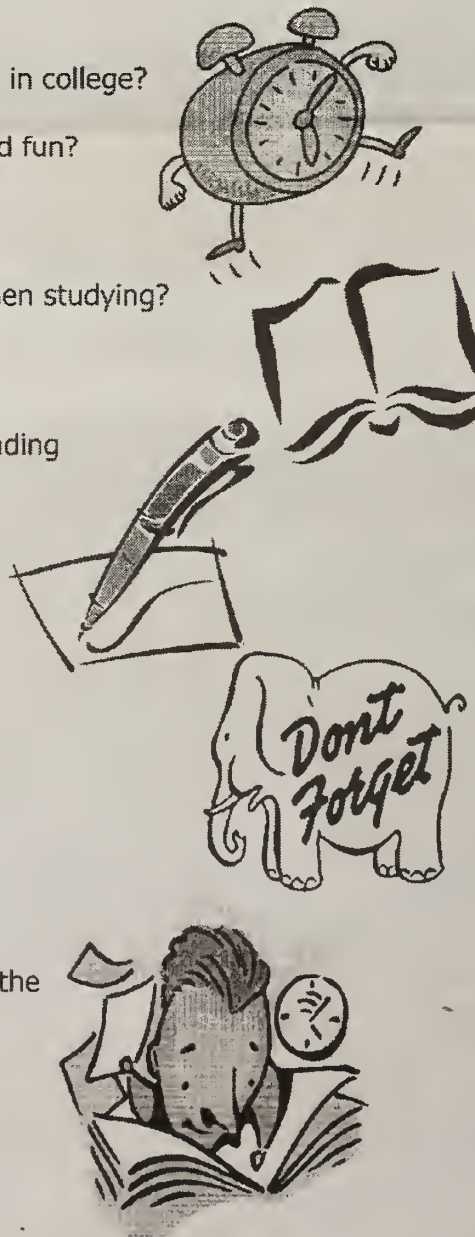
- ☐ Do you know about different memory techniques?
- ☐ Do you know what memory technique works for you?

• Preparing for tests and exams

- ☐ Do you know how to prepare for exams?
- ☐ Do you know how to work in study groups or with a tutor?
- ☐ Are you aware of the different ways to study depending on the type of exam you're writing?

• Test-taking skills

- ☐ Are you aware of the general strategies for taking tests?
- ☐ Can you deal effectively with multiple-choice questions?



Learning strategy training can help you reach your goal.

(to make an appointment for learning strategy assistance,
visit the Student Services Office, 2B04)